

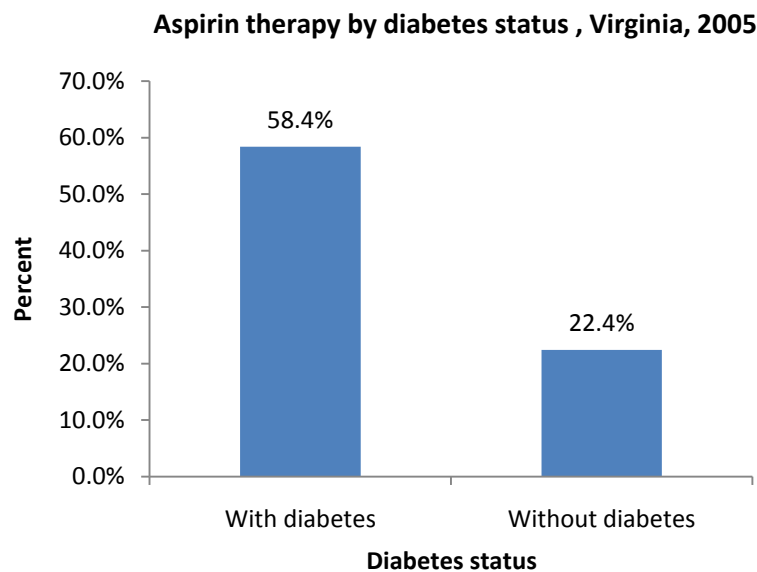
Aspirin Therapy

Cardiovascular disease is the leading cause of diabetes-related deaths. According to the Centers for Disease Control and Prevention (CDC), persons with diabetes have a two- to fourfold increase in the risk of dying from the complications of cardiovascular disease. Aspirin has been found to block the mechanisms which increase risk for cardiovascular events. Aspirin is recommended as a strategy to prevent cardiovascular events in individuals with and without diabetes, if no medical contraindications exist.

In 2005*, 58.4% of adults with diabetes reported taking aspirin daily or every other day, compared to 22.4% of adults without diabetes. Persons with diabetes are 2.6 times more likely to be on aspirin therapy than persons without diabetes.

American Diabetes Association (ADA) Recommendation:

- Daily low-dose aspirin can significantly lower risk of heart attack.
- It's not safe for everyone and can cause irritation of the stomach lining.
- Check with your doctor to determine whether it's safe and how much to take.



Source: Behavioral Risk Factor Surveillance System (BRFSS), 2005.

Data notes: Percent is of adults age 35 and over who take aspirin daily or every other day. Percents are weighted based on demographic and household characteristics.

Healthy People 2020 Objectives:

(HDS-15) Increase aspirin use as recommended among adults with no history of cardiovascular disease.

(HDS-21) Increase the proportion of adults with a history of cardiovascular disease who are using aspirin or antiplatelet therapy to prevent recurrent cardiovascular events.

Sources: Virginia BRFSS 2005,

American Diabetes Association: [Living with Diabetes - Aspirin](#); www.diabetes.org.

* This question was last asked in the 2005 BRFSS, of persons age 35 and over.